

Melissa's Slow Cooker Stuffing



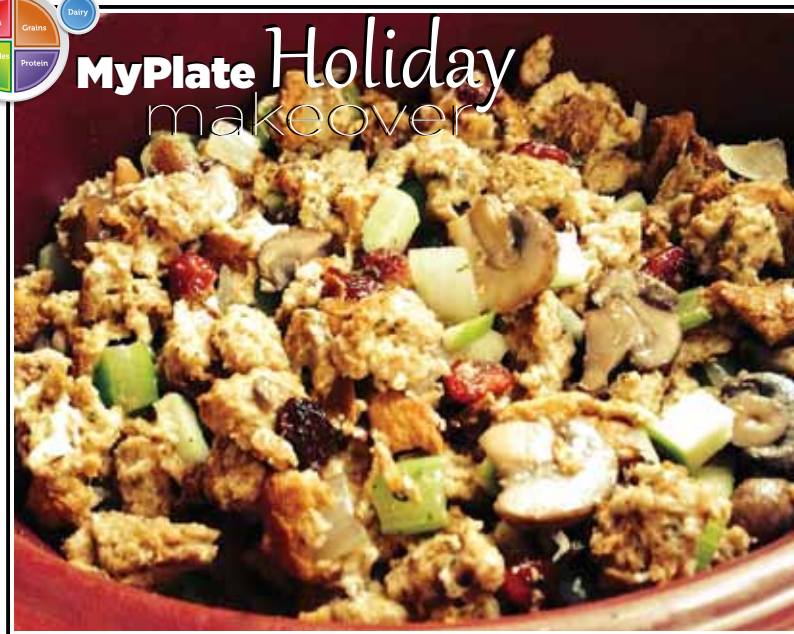
SERVES 16

INGREDIENTS:

- ½ cup light butter
- 2 cups chopped celery
- 1 cup chopped onion
- 2½ tsp dried parsley
- 2 cups fresh mushrooms, sliced
- 12½ cups 100% whole-wheat bread, cubed
- ½ cup dried cranberries
- 1 cup chopped apple
- 1 tsp poultry seasoning
- 1½ tsp dried sage
- 1 tsp dried thyme
- 1 dash garlic powder
- ½ tsp ground black pepper
- 4 cups low-sodium chicken broth
- 1 egg plus 2 egg whites, beaten



MyPlate Holiday
makeover

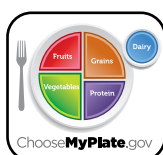


INSTRUCTIONS:

1. Melt butter in a large pan over medium heat. Add onion, celery, mushrooms, and parsley to pan. Stir often until veggies are tender.
2. Combine bread cubes, cranberries, and apple in a large bowl. Pour veggies over bread cubes and mix gently.
3. Season with poultry seasoning, sage, thyme, garlic powder, and pepper. Pour in broth (just enough to moisten) and gently mix in eggs.
4. Transfer mixture to slow cooker and cover.
5. Set slow cooker to High for 45 minutes; then reduce heat to Low and cook for 4 to 8 hours.



My Recipe Details (per portion)



Total Calories 151 Calories

Food Groups

Grains	1½ oz
Vegetables	¼ cup
Fruit	¼ cup

Nutrient Info

Carbohydrate	21 g
Dietary Fiber	3 g
Saturated Fat	2 g
Cholesterol	16 mg
Sodium	253 mg

Nutrition analysis by SuperTracker.usda.gov